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## Outdoor Play Canada March 2025 Newsletter

*OPC projects and activities encompass all traditional territories of the Indigenous Nations of Turtle Island, within the land we now call Canada.*

### In this issue...

- **News:** [Launch of the AOP10 Global Survey on the 2025 Position Statement on Active Outdoor Play!](#)
  - **News:** [Celebrating a decade of the Active Healthy Kids Global Alliance and its Global Matrix initiative](#)
  - **News:** [Breath of Fresh Air Outdoor Play Summit: Early Bird Registration ends March 31<sup>st</sup>!](#)
  - **News:** [Outdoor Play in the Early Years Conference 2025: Happening May 2-3 in Calgary!](#)
  - **Upcoming Webinar:** [Greening Community to Address \(Eco\)-Anxiety in Youth](#)
  - **Resource:** [SPROUTAble World Cafe Summary Graphic](#)
  - **Resource:** [Physical Literacy for Communities: A Public Health Approach](#)
  - **Resource:** [Active for Life's Spring Activities Scavenger Hunt Resource!](#)
  - **Resource:** [Learning from Indigenous Perspectives: Land-Based Learning in Early Years Settings](#)
  - **Blog Post:** [Learning in the Outdoors Enhances Students' Movement, a New Study Confirms](#)
  - **Blog Post:** [Results from the PROMoting Early Childhood Outside Study Offer Insights on Ways to](#)
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- [Increase Children's Outdoor Play Participation in Early Learning and Child Care Centres](#)
- **Blog Post:** [New Study Finds Positive Association Between Outdoor Physical Activity \(OPA\) and Mental Health, Life Satisfaction, and Happiness in Canadian Adolescents](#)
  - **Job Posting:** [Two Positions Available with the Humber Arboretum Nature Centre in Toronto!](#)
  - **Join:** [Join Our Outdoor Early Childhood Education Community of Practice!](#)
  - [Join Us!](#)

## [Launch of the AOP10 Global Survey on the 2025 Position Statement on Active Outdoor Play!](#)

Outdoor Play Canada has recently launched a global survey on the 2025 Position Statement on Active Outdoor Play, prepared by an 11-person global outdoor play leadership group, with representatives from every continent. The 2015 Position Statement on Active Outdoor Play and its supporting evidence showed the benefits of active outdoor play for children's health and well-being. Ten years later, research on this topic has increased by 10 times. An international leadership group has come together to create the 2025 Position Statement on Active Outdoor Play to celebrate these achievements, update the evidence, and expand the scope. The 2025 Position Statement is inclusive of all ages and is global in scope.

The survey is available in all 6 UN official languages! Please circulate amongst your networks, but do not share on social media. To access the survey, [click here](#). Use the following access code to begin the survey: OPC2025.

This stakeholder survey will be **open until April 2<sup>nd</sup>, 2025**.

## [Celebrating a Decade of the Active Healthy Kids Global Alliance and its Global Matrix initiative](#)

In 2024, the [Active Healthy Kids Global Alliance](#) (AHKGA) celebrated a decade of dedication to improving physical activity levels of children and adolescents from around the world. Since its establishment, the main activity of the AHKGA has been its large international project called "Global Matrix on Physical Activity for Children and Adolescents". The Global Matrix is an international initiative developed every few years, with a goal of learning more about how physically active school-aged children and adolescents are worldwide and finding ways for improvement. Over the past 10 years, the Global Matrix initiative has seen four successful editions: Global Matrix 1.0 (2014), 2.0 (2016), 3.0 (2018) and 4.0 (2022) - all released in different parts of the world, engaging a growing number of participating countries and experts.

To learn more about the AHKGA and its Global Matrix initiative, [click here](#).

## [News: Breath of Fresh Air Outdoor Play Summit: Early Bird Registration ends March 31st!](#)

[Breath of Fresh Air](#) is a three-day Outdoor Play Summit hosted by Outdoor Play Canada, where thought leaders, practitioners, researchers, and policy makers can connect and share best practices. We will be launching the 2025 Position Statement on Active Outdoor Play on day one and will have Dr. Stuart Brown alongside his daughter and granddaughter as our keynote on day two!

The deadline for early bird registration is March 31<sup>st</sup>! [Register here](#).

The call for workshops, abstracts, and symposia is also March 31<sup>st</sup>! [Get your submission in here](#).

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## Outdoor Play in the Early Years Conference 2025: Happening May 2-3 in Calgary!

[Get Outside and Play](#) and [Nature Play](#) are hosting the Outdoor Play in the Early Years Conference again this year, May 2-4, 2025, in Calgary. The conference starts Friday evening with fun, hands-on, interactive experiences connecting you to the space and allowing you to meet other educators interested in outdoor play. On Saturday, you can choose the sessions that will spark your interest. This year, the conference includes a new feature: optional post-conference sessions. Registration is separate for these sessions, which offer a three-hour dive with one of three presenters.

Registration and more information are available [here](#).

Questions? Contact Christina at [christina@getoutsideandplay.ca](mailto:christina@getoutsideandplay.ca).

## Upcoming Webinar: Greening Community to Address (Eco)-Anxiety in Youth

The Children, Youth, & Environments Network of the [Environmental Design Research Association \(EDRA CYE\)](#) is thrilled to present an online webinar led by Louise Chawla, a Professor Emeritus in the Environmental Design Program at the University of Colorado Boulder.

This webinar will explore the numerous benefits of connecting with nature while also addressing the challenges of climate change and biodiversity loss, including the feelings of loss and anxiety they can trigger. With a particular focus on teens, this talk will examine how these environmental shifts impact mental health, especially in the context of growing eco-anxiety.

To register on Zoom, please click [here](#).

## New Resource from the CCOP's SPROUTable Project: World Cafe Summary Graphic

In the fall of 2024, Outdoor Play Canada, as part of our Canadian Centre for Outdoor Play [SPROUT-able project](#), held a World Cafe with educators, community partners and families to explore the physical and social barriers and facilitators to outdoor play and learning in natural spaces for children with disabilities.

Check out the graphic recording that summarizes that conversation, here: [SPROUTable\\_EN](#)  
[SPROUTable\\_FR](#)

## Physical Literacy for Communities: A Public Health Approach

Developed based on Public Health Sudbury & Districts' experience working in partnership with [Active Sudbury](#) under the guidance of [Sport for Life](#), [Public Health Sudbury & Districts](#) has created an exemplary guide for public health professionals to work collaboratively and efficiently within a multi-sector, community-based partnership to address physical literacy. The document presents ways in which public health professionals can collaborate with other community sectors, such as education and sport, to create a physically literate community. The document ends with sector-specific recommendations, that speak to the value of outdoor play in fostering physical literacy at every age!

To view this guide, [click here](#).

## Active for Life's Spring Activities Scavenger Hunt

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## Resource!

[Active for Life](#) has created a fun and engaging resource designed to encourage outdoor exploration. The **Spring Activities Scavenger Hunt** is a free printable that helps inspire children to connect with nature while fostering physical activity, creativity, observation and active play.

To download and print your own copy, please [click here](#).

## Learning from Indigenous Perspectives: Land-Based Learning in Early Years Settings

This resource was developed to support educators as they begin to incorporate the worldview and pedagogies of Indigenous Land Based Learning alongside Western views and pedagogies. It offers adaptable activities that support children's needs, interests, and contexts with the goal of fostering respectful relationships with the natural world and our non-human relatives. This document was developed as part of the SSHRC-funded research project, Designing and Implementing Environmental Inquiry Strategies in Urban Early Years Programs in Canada, 2020- 2024. The project was based at [The School of Early Childhood at George Brown College](#), Toronto, Ontario under the direction of Dr. Monica McGlynn-Stewart. (mmcglynnstewart@georgebrown.ca)

Stay tuned—this resource will be shared on OPC's [resource page](#) in the near future!

## Learning in the Outdoors Enhances Students' Movement, a New Study Confirms

Education Outside the Classroom (EOtC) significantly increases students' physical activity during school-time. A randomized study across 13 Danish schools found a 20.4% increase in moderate-to-vigorous physical activity of students aged 9-14 years – adding 2.5 more hours of EOtC per week. The research focused on the Scandinavian EOtC practice of udeskole, where curricular teaching takes place outside school buildings, often in natural and green spaces. The study, which was part of the MOVEOUT study and was recently published in Scientific Reports, confirms previous findings.

To read more, [click here](#).

## Results from the PROMoting Early Childhood Outside Study Offer Insights on Ways to Increase Children's Outdoor Play Participation in Early Learning and Child Care Centres

New research from the [Outside Play Lab](#) at the University of British Columbia demonstrates that increasing children's outdoor play participation at ELCC centres requires an adaptable and sustainable approach that considers the unique needs of each centre. The PROMoting Early Childhood Outside (PRO-ECO) study examined how a comprehensive outdoor play program influenced preschool-aged children's play behaviours during scheduled outdoor time at ELCC centres.

To learn more about this study and its findings, [click here](#).

## New Study Finds Positive Association Between Outdoor Physical Activity (OPA) and Mental Health,

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## Life Satisfaction, and Happiness in Canadian Adolescents

How much outdoor physical activity (OPA) is enough to support adolescent mental health? A new study from the [CHEO HALO Research Group](#) finds that teens who spend 14+ hours per week in OPA report higher life satisfaction, happiness, and positive mental health—regardless of other factors like age or indoor activity. The study found that while OPA did not significantly affect anxiety or depression, adolescents who spent 14+ hours per week in OPA reported greater life satisfaction, happiness, and positive mental health. A positive dose-response relationship suggested that more time in OPA was linked to higher happiness and satisfaction.

To read the full blog post, [click here](#).

## Now Hiring: Join the Humber Arboretum Nature Centre Team!

[The Humber Arboretum Nature Centre](#) is currently hiring for two exciting positions: Outdoor Education Assistant and Casual Outdoor Education Instructor! If you are passionate about outdoor education, environmental stewardship, and connecting people with nature, this could be the opportunity for you.

To learn more about these positions and apply, contact [arboretum@humber.ca](mailto:arboretum@humber.ca).

## Join Our Outdoor Early Childhood Education Community of Practice

The Outdoor Early Childhood Education Community of Practice, led by the [Canadian Centre for Outdoor Play partnership](#), is geared towards early childhood educators across Canada that are interested in and/or already in support of regularly bringing children outdoors!

The overarching ethos is to promote collaboration, empower practitioners to promote outdoor play opportunities across a variety of settings, and ensure outdoor early childhood education programming is culturally appropriate and place-based.

[Learn more and sign up here!](#)

## Join Us!

In an effort to improve accessibility and inclusivity, the OPC membership now consists of two options: general (\$0-99) and champions (\$100) members.

All members have access to the members-only section of the website regardless of payment. Champions have the added bonus of being celebrated on our [About Us](#) page and will have a tree planted in their honour at our new [Canadian Centre for Outdoor Play](#), located at Wesley Clover Parks in Ottawa, ON!

Join the movement, become an OPC member! Show your support of our effort to promote, protect, and preserve access to play in nature and the outdoors for all people living in Canada.

[Learn more here.](#)

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We welcome blog posts and summaries of relevant research studies for publication on the [OPC website](#). If you have any items that you think would be of interest to fellow OPC members, please contact [info@outdoorplaycanada.ca](mailto:info@outdoorplaycanada.ca). We respect the amount of unnecessary emails you receive so the plan is for a maximum of one OPC newsletter every other month. Your feedback and comments are always welcome.



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